

Super Creamy Keto Chocolate Ice-Cream

Hands-on 30 minutes Overall 2-3 hours

Nutritional values (per serving, 2 scoops): Total carbs: 9.6 g, Fiber: 2.8 g, **Net carbs: 6.7 g,**

Protein: 5.8 g, Fat: 32.6 g, Calories: 325 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

3 cups coconut milk or heavy whipping cream (720 ml/ 24 fl oz) - *I*

like Aroy-D coconut milk

1/2 cup + 2 tbsp granulated Erythritol or Swerve or other healthy low-carb sweetener from this list (120 g/ 4.2 oz)

1/2 cup cacao powder (43 g/ 1.5 oz)

3 large egg yolks

1/4 cup water (60 ml/ 2 fl oz)

2 tsp gelatin powder

1/4 cup MCT oil (60 ml/ 2 fl oz) or 2-4 tbsp vodka

pinch of sea salt

1/2 cup chopped dark chocolate or dark chocolate chips (90 g/ 3.2 oz) - *I used 85% chocolate*

Optional: 15-20 drops Stevia extract

More tips for soft ice-cream:

This recipe produces soft and creamy ice-cream. Both MCT oil and gelatine keep the ice-cream from getting hard when frozen for several hours. Here are even more tips in case you don't have these ingredients:

Vegetable glycerin - 1-2 tablespoons. This ingredient will prevent crystallisation. It has a minimum effect on blood sugar but I personally count all the carbs in it because it has more calories than sugar.

Also, put the ice-cream in single-serving containers so you don't have to wait for too long until it softens when taken out of the freezer.

Instructions

1. Pour the coconut milk in a large sauce pan. Reserve 1/2 cup of coconut milk for later. Add the Erythritol, salt and stevia (if used) and stir well. Start heating the mixture over a medium heat.
2. Add the cacao powder (unsweetened raw cacao) and mix until

dissolved. Heat until the mixture starts boiling and then reduce the heat to low.

3. Meanwhile, in a small bowl, mix the egg yolks with the remaining coconut milk.
4. Slowly pour about a cup of the hot mixture into the cold egg yolk mixture while whisking.
5. Then, slowly pour the egg mixture back in the sauce pan and keep stirring.
6. Mix the gelatine with the water. Cook the chocolate mixture while stirring until the it starts to thicken and it lightly covers the spatula. Then, take off the heat and set aside. Pour the gelatine into the cream mixture.
7. Set the sauce pan over an ice bath (a bowl filled with iced water) and let it cool down, stirring occasionally.
8. Add the MCT oil (or vodka) and mix in well. Let it cool down to room temperature (do not refrigerate it it may get too thick). You can place a plastic wrap over the top to prevent it from drying. Once it cools down, pour into the ice-cream maker (I use a Cuisinart) and process according to the manufacturer's instructions. *Feedback tips: If the consistency is too thick, gently heat up the chocolate mixture until it's liquid again (do not boil, only warm it up) - or reduce the amount of gelatine powder to just 1 teaspoon.*
9. Churning may take anything between 30-60 minutes depending on your ice-cream maker.
10. When done, scoop in a freezer-friendly container and add roughly chopped dark chocolate or chocolate chips. Place in the freezer for 30-60 minutes. *I like using small single-serving containers like these. Enjoy! :-)*

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